

Understanding Grief and Loss

Dealing With Death

We will all suffer loss and death at different times throughout our lives and dealing with the feelings and emotions that this throw up, can be challenging.

Sometimes the feelings and emotions that we have can also be confusing.

Death and loss comes in so many different forms. We can lose family members; friends; colleagues; pets; neighbours; celebrities or famous people that we admired.



Understanding Grief

Grief is a natural response to loss.

Grief is not a sign of weakness.

Everyone reacts to loss and death differently. There is no right or wrong way, just your way.

Grief is not linear, you do not move through stages like a set process

Whatever you feel is valid. Your responses are yours.

Feelings and Emotions



Emotions can be intense and unpredictable when you have experienced a loss or death.

You may go through a range of different emotions including sadness; anger; guilt; numbness or anxiety.

Experiencing the death of someone, regardless of how close you were to them, may trigger memories and emotions linked to other bereavements that you have faced.

It is also ok to feel happy when you remember the person, as remembering good memories about them helps to process the sadness.

Remember, emotions may come in waves and be very interchangeable.

Physical Symptoms

Emotions linked to grief and loss can also show up in physical ways in our bodies. It might be that we have trouble with sleeping or difficulty with concentrating. It can also make us lose our appetite at times, or indeed show up as physical pains such as stomach cramps.

If you are feeling physically unwell, stop and think about what is going on for you and whether these symptoms may be being caused because of the emotional challenges you are going through.



Five Stages of Grief

Understanding the five stages of grief can sometimes help us to work out and process what is happening for us. It is important to remember that these are just a guide and you do not pass through them in order.

Grief does not move in a straight line. You can experience any of the stages at any time, in any order. You may bounce back into different stages at points too. You might also be in different stages at the same time.

Your reaction and feelings towards grief and loss are yours. It is not about comparing ourselves to how others are reacting and feeling. We are all unique and will feel things in our own ways, based on our experiences and who we are as an individual.



Stage One - Denial

This happens in an attempt to protect ourselves from the upsetting reality. You might deny the loss has happened or minimise your feelings and reactions.



Stage Two - Anger

Anger is a way that we use to express pain or to fight against something that we do not want to face, such as death. You might feel angry at yourself or others for or about, the situation.



Stage Three - Bargaining

Within this stage, you feel that you will promise anything or do something to help change the circumstances. You plead for the loss to have not happened at all.



Stage Four - Depression

Reacting with sadness or despair shows that the loss means something to you and is weighing heavy on you. You might isolate yourself in your feelings or reach out to someone to help.



Stage Five - Acceptance

This is the point where you are able to process the loss, but it does not mean that it is no longer painful. You begin to accept the loss emotionally and logically.

Coping With Grief

Be kind to yourself.
Coping with death and
loss takes time.

Allow yourself your
feelings. Don't judge
yourself.

Talk to others. Lean on
your support system
whether that is friends,
family, colleagues, or
trusted adults.

Don't forget about you.
Make sure you are taking
care of your needs
including sleeping and
eating.

Remember that your
feelings will change. The
sadness will lessen and
you can remember the
person in a different way.
You learn to adjust to
your 'new normal'.

If your grief is too hard to
manage on your own,
that's ok. Help is out
there both friends/family
or professional support
services.
You are not on your own.

Support Services

There are various places that you can contact or go to for support. Here are just a few.

hopeagain.org.uk

GP

Youngminds.org.uk

Work Colleague www.kooth.com

talkgrief.org

www.samaritans.org

Friends

Counsellor

Teacher

Family

If you have any questions or would like some support, please get in touch.

You can find me at:

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